**Supplemental Digital Content 1**

During a constant work rate test, oxygen uptake (V̇O2) responses are characterised by a rapid cardio-dynamic phase (phase I; see Figure below), followed by an exponential V̇O2 increase (phase II, the primary component of the response) towards an anticipated steady state (phase III). An additional slow component, superimposed on the primary component of the response (see Figure below), can delay or prevent reaching this steady state.

The Figure below provides a representation of a typical V̇O2 response at the onset of a constant work rate test (blue line) and the specific phase II contribution (orange line). Both lines coincide during phase II. The black dashed line visualises the load increase at t = 0 s. MRT = mean response time; TD = time delay; TC = time constant; WR = work rate; TD2 = time delay of phase III or the slow component, variable between 100-200 s.

